



18 Lorsche Triathlon

Lorsch / 13.08.2023

Detailed evaluation

Helge Trappel

Club: SV Taunusstein-Seitzenhahn

Number: 256

Course: 25.50 km

Lorsche Triathlon 0,5-20,5,0

Category:

Senioren 4 (TM 55)

Total time: 1:15:00

Rank in course/Total: 104 (of 343)

Rank in course/Men: 95 (of 262)

Best time in course: 58:32

Rank in category: 7(of 31)

Best time in the category: 1:07:05

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	11:22	22:44	13	2:21	129	4:25	0.50	11:22	22:44	32	2:21	263	4:25
Wechsel S -> R	-	2:43	-	17	1:02	137	1:27	0.50	14:05	28:10	32	3:03	263	5:39
Schwimmen Total	0.50	14:05	28:10	32	3:03	263	5:39	0.50	14:05	28:10	32	3:03	263	5:39
Rad netto	20.00	35:48	1:47	7	2:46	80	11:24	20.50	49:53	2:25	32	4:44	263	11:37
Wechsel R -> L	-	1:21	-	12	0:43	182	0:54	20.50	51:14	2:29	32	5:11	263	12:06
Rad Total	20.00	37:09	1:51	9	3:11	88	12:00	20.50	51:14	2:29	32	5:11	263	12:06
Lauf Ziel	5.00	23:46	4:45	11	23:46	114	23:46	25.50	1:15:00	2:56	7	7:55	95	16:28